



Welcome Newly Hired Employees



Newly hired Douglas County employees are eligible to participate in the voluntary Healthy Directions Worksite Wellness Program on the 91st day of employment. This program offers the necessary tools to help you lead a healthier lifestyle. Not only is it free to you, but it can also pay! To get started, simply complete the following steps.

Step 1: Member Health Assessment

After registering on www.myviverae.com, you'll be asked to provide information with My Profile. As you complete My Profile, you'll be asked to complete a brief Member Health Assessment.

How to Registration:

Step 1

Log on to www.myviverae.com click New User registration

Step 2

Enter last name, date of birth and employee number
Registration code: **douglascounty**

Step 3

Create a user name (5-25 characters)

Create a password (8-12 characters-using upper/lowercase, numerals and/or specials characters such as @\$%&*)

Select a security question and answer, then click **Save**

Step 2: Biometric Screening

Complete your Biometric Screening through one of the following options:

- Onsite - (during the month of July)
- Submit a physician form

Contact the Viverae Health Center at 888-VIVERAE (848-3723) to speak with a Viverae Health Professional about your screening options above.

Step 3: Reward!

You will have the opportunity to participate in all the 2014 program activities but you will not be eligible for the reward incentive for 2014. You will also be able to participate in the employer challenges through the www.myviverae.com website as well as additional activities. You can track your progress on your personal hub and view your earned points. Log in and start working toward a healthy lifestyle.

Douglas County Healthy Directions has partnered with Viverae, a leading corporate wellness provider, to host the Healthy Directions Worksite Wellness Program and its services. All programs are confidential and HIPAA-compliant. Any information shared with the Viverae team will not be disclosed except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

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:: Viverae Health Center :: 888-VIVERAE (848-3723) :: www.myviverae.com